

The United Methodist Churches of Lakeview & Spooner

The Good Word

News for October 2021

CONTACT US

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Pastor Ferdinand B. Serra

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FOR CHURCH SERVICES AND ACTIVITIES

Spooner UMC is at

312 Elm Street in Spooner

Across from City Hall

Lakeview UMC is at

23980 County Rd X

At the corner of Williams & Cty Rd X,

2 miles south of Hwy 70 and Hertel

Find us on

facebook

CHURCH MEETINGS

At Spooner UMC

Charge Conference (both churches) - Wed., Oct. 6th at 6pm

Council/Church- Wed., October 6th at 6pm

Finance - Tues., October 5th at 9:00am

Trustees -

Missions- Wed., October 13th at 5:30pm

SPRC (Both Churches) - Tues., November 2nd at 5:15pm

At Lakeview UMC - Tues., November 9th at 6pm

Minutes of Church Council & Trustee meetings are posted at each church. Ask at Office.



Check out the Spooner UMC website!

www.spoonerumc.org

You can view the calendar, newsletter & any upcoming church events! Spooner UMC can now accept online giving!



Psalm 62:1 *Truly my soul finds rest in God;
my salvation comes from him.*

This is my prayer for everyone who is reading this letter including those weary souls who needs healing, rest, restoration, and salvation. It is also my earnest prayer for myself after officiating several funeral/ memorial services and ministering to the bereaved families these past four months. While recovering from these emotional and spiritual battles, news from my family in the Philippines were equally jarring to say the least. My family lost three important, very close people in our lives, i.e. an uncle and his 39-year-old son, and another dear, first cousin just within the period of 30 days recently. (Even our beloved DS Rev. Barb Certa-Werner lost her beloved father last Sept. 26. Please pray for her and the rest of the family.) Oh dear, there is no rest for the weary. Is there? Moreover, COVID-19 is still wreaking havoc to many families across the country and around the world. Surely, you need rest and so am I.

The question of the psalmist is very apt even in our situations nowadays. "Where does my help come from? My help comes from the Lord, who made heaven and earth." (Psalm 121: 1-2). I love this song or psalm of assurance. Another psalm to cherish and to behold is the promise of Psalm 62:1. The psalmist equates the word *rest* to *salvation* and s/he is very certain without an iota of doubt when s/he proclaim – "Truly," or "Surely," or "Behold, my soul finds rest in God; my salvation comes from him." This is called *parallelism* in Hebrew writing, in which the words of two or more lines of text are directly related in some way (Dennis Bratcher, *Parallelism in Hebrew Writing*). Thus, having rest and salvation are one and the same and they both came from God.

Indeed, we rest to replenish our energy and to ensure that all our organs, tissues, and cells are functioning well. Otherwise, we are prone to diseases and dis-ease. But it is not only our physical bodies that needs rest. Even our minds and souls get exhausted or tired as well. That's why, we need the holistic salvation and/or the grace from God. These words of life are food for our thoughts and souls: "Casting all your anxieties on him because he cares for you." (1 Peter 5:7), and "'Come to me, all you who are weary and burdened, and I will give you rest'" (Matthew 11:28).

Anyone can try to rest, but not everyone can rest whenever they want to. There is a limit to our human capacity and ability. Even words are not enough to describe our indescribable feeling. It is just like tossing and turning at night trying to find the perfect position to sleep but to no avail. We need to come and rely to the grace of God. To rest in the Lord means letting God to handle our situation. Only in surrendering to God where we gain strength and rest because God really cares for you and me. May we have this hope in our hearts so that we will find rest and salvation in God.

Godspeed to everyone! The journey continues...

Sincerely,

Pastor Ferdinand B. Serra

PS. I want to share with you an article of Sandra Dalton-Smith about the 7 types of rest.

Saundra Dalton-Smith, "The 7 types of rest that every person needs," adapted from her TEDxAtlanta Talk, January 6, 2021.

Sleep and rest are not the same thing, although many of us incorrectly confuse the two.

We go through life thinking we've rested because we have gotten enough sleep — but in reality we are missing out on the other types of rest we desperately need. ...

Rest should equal restoration in seven key areas of your life.

The first type of rest we need is *physical rest*, which can be passive or active. Passive physical rest includes sleeping and napping, while active physical rest means restorative activities such as yoga, stretching and massage therapy. ...

The second type of rest is *mental rest*. Do you know that coworker who starts work every day with a huge cup of coffee? He's often irritable and forgetful, and he has a difficult time concentrating on his work. When he lies down at night to sleep, he frequently struggles to turn off his brain. ... The good news is you don't have to quit your job or go on vacation to fix this. Schedule short breaks to occur every two hours throughout your workday; these breaks can remind you to slow down. You might also keep a notepad by the bed to jot down any nagging thoughts that would keep you awake.

The third type of rest we need is *sensory rest*. Bright lights, computer screens, background noise and multiple conversations — whether they're in an office or on Zoom calls — can cause our senses to feel overwhelmed. This can be countered by doing something as simple as closing your eyes for a minute in the middle of the day, as well as by intentionally unplugging from electronics at the end of every day. ...

The fourth type of rest is *creative rest*. ... Creative rest reawakens the awe and wonder inside each of us. Do you recall the first time you saw the Grand Canyon, the ocean or a waterfall? Allowing yourself to take in the beauty of the outdoors — even if it's at a local park or in your backyard — provides you with creative rest. ... Turn your workspace into a place of inspiration by displaying images of places you love and works of art that speak to you. ...

[The fifth type of rest is] *emotional rest*, which means having the time and space to freely express your feelings and cut back on people pleasing. Emotional rest also requires the courage to be authentic. An emotionally rested person can answer the question "How are you today?" with a truthful "I'm not okay" — and then go on to share some hard things that otherwise go unsaid.

If you're in need of emotional rest, you probably have a *social rest* deficit, too. This occurs when we fail to differentiate between those relationships that revive us from those relationships that exhaust us. To experience more social rest, surround yourself with positive and supportive people. ...

The final type of rest is *spiritual rest*, which is the ability to connect beyond the physical and mental and feel a deep sense of belonging, love, acceptance and purpose. To receive this, engage in something greater than yourself and add prayer, meditation or community involvement to your daily routine.



Mission News

OCTOBER MISSION FOCUS

HARBOR HOUSE , FOOD PANTY,
WORLD COMMUNION SUNDAY

Current Needs List for Harbor House Crisis Shelter. Please bring into church by October 10th.

Wipes for babies & children
Pillows; new or gently used & washed!
Flip Flops; Ladies & children sizes - boys & girls
Sidewalk Chalk
Non-perishable Snacks for kids to bring outside or the park
13 Gallon Garbage Bags
30 Gallon Lawn Bags

WELL PROJECT

Thank you for all the donations for the well in Zambia!! We have exceeded our goal of \$3750.



World Communion Sunday is one of the six churchwide Special Sundays of The United Methodist Church. Our church is at its best when we reach out to sisters and brothers in need. World Communion Sunday calls the church to reach out to all people and model diversity among God's children. United Methodists relate to [World Communion](#)

[Sunday](#) by celebrating communion with other Christians around the world on this special Sunday. Churches are also encouraged to receive an offering to support scholarships for ethnic undergraduate and graduate students. Our gifts often enable first-generation students to attend college.



UMW News & Notes

Sunday, September 19 was UMW Sunday. We had Beth Esser from Washburn Christian Outreach come to tell us what that organization does. There are 15 churches that support WCO along with Salvation Army, private donors and Ruby's Pantry. The volunteers provide vouchers to local vendors for rent, utilities, gasoline, transportation, food, clothing, and medication. They can also refer people for mental health or abuse issues. Beth says the purpose is to help people reach a better place and become self sufficient. Our church has three WCO volunteers: Mary Shepherd, Billie LaBumbard and Jeanne Chamberlain. The Hotline for help is 715-468-1043.

Tuesday, September 21 was our first 2PM communion at Maple Ridge Care Center. We had some confusion entering the building. You have to go in the hospital entrance first to show your Covid19 vaccination card, get your screening done, and then walk through to the activity room. It was so nice to have Jan Lauterbach there to help us pass out song books and programs. The care center provided the grape juice & Sandy Benzer provided bread. Connie Quam played the piano & Pastor Ferdinand gave the message. Karen Mangelsen, Claudia Place & Sandy Benzer passed out communion. I sat next to Jo and listened to her sing every song. Next month will be October 19th at 2pm. Billie LaBumbard and Jean Kissack will provide assistance along with Connie Quam on piano. Pray we have no covid issues.

Covid19 is affecting our ability to have the Cookie Walk, Thanksgiving Dinner and the Craft Fair in 2021. I pray we can resume these events in 2022.

We have quilts (queen size down to lap robes) and prayers shawls in our cupboards if you know of people needing these.

Jean Kissack, UMW President



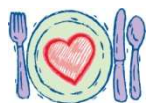
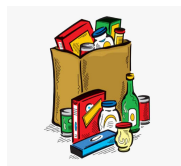
PARISH NURSING & WELLNESS NEWS

Seven Ups

It seems we hear more bad news than good news these days. It is difficult to keep a positive perspective, which is needed for good health. Let these "7 Ups" help you this week:

1. Wake up! Decide to have a good day.
2. Dress up! The best way to dress up is to put on a smile.
3. Shut up! Say nice things and learn to listen.
4. Stand up! for what you believe in. Stand for something or you will fall for anything.
5. Look up! to the Lord. "I can do everything through Christ who strengthens me."
6. Reach up! for something higher. "Trust in the Lord with all your heart."
7. Lift up! your prayers. "Do not worry about anything, instead pray about everything."

Food Pantry Donations -The Food Pantry can no longer accept egg cartons or magazines. Drop off non-perishables on Sunday at Worship or in the cart by the Church Office Monday thru Thursday 9am-1pm.

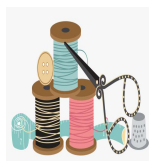


Hospitality/Community Meal

The next Community Dinner is Wednesday, October 20th from 4-6pm. We will continue to offer take-out for anyone who requests. That being said, we will need more volunteers to cover the in-person dining & carry-out. Please contact Mary Shepherd (715-635-3742) or Lon LaBumbard (715-520-3933) if you can help. Thank you for all the volunteers - helpers & bakers!.

Sewing Group

The sewing group is meeting on Tuesdays from 8:30-11am. You do not need to sew to participate. Come & join us!



With Heartfelt
Sympathy

Our thoughts & prayers go out to Shirley Knutson and family. Ray Knutson passed away on 9/8/2021.

Our prayers & sympathies also go out to the family of Richard Walsh, former member & son of Cornelia Walsh, past organist of Spooner UMC. Richard passed away on March 18, 2021. His celebration of life was September 9.

We were also able to celebrate the life of Muriel Mitchell on September 10 (private family service) & September 11th will family & friends. Muriel passed away on November 18, 2020. Our continued prayers to the Mitchell family.

*Thank
you*



Dear Friends,

Just wanted to thank each of you for doing such a great job of serving the lunch at Ray's celebration of life service. Also thank you to everyone who baked for the lunch.

*Sincerely,
Shirley & Family*



Spooner Prayer Ministry

The Prayer Team still meets Tuesdays from 4:30 - about 5:30pm. Prayer is one of the most important things we can do as Jesus Followers & praying together is such a blessing! Jean Parker

Cyber Prayer Chain

Call Jean Parker with your prayer request at 635-3203 or email parkerjj@charter.net.



at

Daytime Prayer Chain

Evelyn Safeblade 635-7536

In Our Thoughts & Prayers

Eddie Hovey; Ted Mitchell; Edith Todd; Luann Bergmann; Terri's sister Debbie; John Safeblade; Marge Bestler; Julie & Don Lawrence; Brad Patchin & his daughters, Leah & Sophia; Colleen Haines; Sandy Christner; Michael Stair; Elizabeth Walker; Pat Morris; Ryley Holden; Ruby Aukema; David Skille; Dean Brayton & his sister Sherry; Ryley Holden.

Remember our Shut-Ins in your prayers:

Glenview Living Center - John & Eddie Hovey

Maple Ridge Care Center- Jo Henrikson; Avis Thompson

Cambridge Assisted Living- David & Sheilda Kahl

At Home- Laurel Caruthers; Pat Morris

*** If you see someone that needs to be added or removed, please let Carol know in the office. (715-635-3227 OR spoonerumc@gmail.com) Thank you!*

SPOONER CELEBRATIONS

October Birthdays

10th Andy LaPorte
11th Dee Spelbring
17th Stephanie Dahl
Alexandra Ripley
18th Mabel Perry
19th Colleen Scalzo
22nd Barbie Hovey
26th Fred Kosmach



October Anniversaries

25th Ken & Carolyn Koch

***Please contact Carol at the church office (715-635-3227 or spoonerumc@gmail.com) if I missed you or you would like to add someone to the birthday or anniversary list. We want to celebrate with you!*

Spooner UMC & Lakeview UMC are following the CDC guidelines for gathering in groups. Facemasks are now optional. We will still have plenty of hand sanitizer available upon entry.



**November NEWSLETTER DEADLINE
WILL BE MONDAY, OCTOBER 25TH.**



October 9th

2nd Saturday Morning of Every Month

At the Fairgrounds

NO INCOME REQUIREMENTS

Distribution 9-10:30am

\$20 donation – cash only – checks not accepted

For info or to volunteer call 715-635-9309

Online Worship Services Offered

Online Worship Services are posted on our Facebook pages, "Spooner United Methodist Church" or "Hertel: Lakeview UMC")



**SPOONER/LAKEVIEW
CHARGE CONFERENCE**

**Wednesday, October 6th at 6pm
At Spooner UMC**

Lakeview News & Notes



The First Sunday of Each Month is Food Pantry Sunday.
Don't forget your first Sunday donations for the Food Pantry. Non-perishable goods. Everything is much appreciated!

LAKEVIEW CELEBRATIONS

October Birthdays

5th Josannah Hedren
6th Kaylee
7th Jakoda Hedren
10th Pat Israel
17th Curtis & Carter
18th Pam Bentz
23rd Carol Iverson
28th Harvey Asmus



October Anniversaries

5th Dennis & Terecia Zwart
17th Dan & Carol Makosky

Lakeview Prayer Ministry

Keep these friends in Prayer:

Harvey Asmus; Matthew Allwine; Eleanor Grunnes; Jimmy Harden; Don & Pat Israel; Joyce Jacobs; Kay Krentz; Steven Durand; Karen Mangelsen; Desire Rosseli; Jerry Brown; Becky Lawrence; All who need our prayers.

Our military & their families at home and deployed. Matt Lester; David Lester

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SPOONER & LAKEVIEW SAFE SANCTUARIES TRAINING

Saturday, October 23rd

9am - Noon

Spooner UMC

**All Church Officers & those working with youth are
asked to attend.**